


Autumn/Winter menu Sept-Dec 25

Week 1 W/C: 1 Sept / 15 Sept / 29 Sept / 13 Oct / 3 Nov / 17 Nov / 1 Dec / 15 Dec

Day	Main Meal 1	Main Meal 2	Main Meal 3	Vegetarian Option	Sides	Dessert 1	Dessert 2
Monday	Pork Sausage, Mash & Gravy	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Quorn Sausage, Mash & Gravy	Sweetcorn or salad bar	Chocolate Marble cake & Chocolate custard	Fruit or Yogurt
Tuesday	Cheesy chicken Macaroni bake	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Macaroni Cheese	Mixed veg and salad bar	Vanilla Ice cream & Peaches	Fruit or Yogurt
Wednesday	Roast Gammon & roast potatoes	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Veggie Roast & Roast potatoes	Broccoli, Carrots & Gravy	Cheese & Crackers	Fruit or Yogurt
Thursday	Ham & Cheese pizza baguette	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Margherita pizza baguette	Wholewheat pasta, Sweetcorn or salad bar	Apple & Carrot muffins with cream cheese frosting	Fruit or Yogurt
Friday	Fish Fingers & Chips	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Veggie Nuggets & Chips	Peas & Beans or Salad bar	Home-made Chocolate Dream cookie	Fruit or Yogurt


 Many of our homemade desserts contain at least 50% fruit and hidden vegetables – helping kids enjoy goodness in every bite!

 Over 75% of our dishes are made fresh on site using fresh, quality ingredient

Week 2 W/C: 8 Sept / 22 Sept / 6 Oct / 20 Oct / 10 Nov / 24 Nov / 8 Dec

Day	Main Meal 1	Main Meal 2	Main Meal 3	Vegetarian Option	Sides	Dessert 1	Dessert 2
Monday	Chicken & Bacon pasta bake	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Cheese & Tomato pasta bake	Sweetcorn & Salad bar selection	Berry Crumble traybake	Fruit or Yogurt
Tuesday	Beef Quesadillas	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Tomato & Cheese Quesadilla	Wholemeal pasta, Mixed veg & Salad bar selection	Strawberry ice cream & Winter berries	Fruit or Yogurt
Wednesday	Pork sausages Toad in the hole	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Quorn sausage toad in the hole	Roast potatoes, Broccoli, carrots & Gravy or Salad bar selection	Parsnip & Syrup sponge & squirty cream	Fruit or Yogurt
Thursday	Pepperoni pizza baguette	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Margherita pizza baguette	wholewheat pasta, sweetcorn & salad bar selection	Strawberry jelly & Fruit cocktail	Fruit or Yogurt
Friday	Breaded Chicken fillet	Jacket potato with, cheese, beans or tuna	Wholemeal roll with cheese, ham or tuna.	Homemade Cheese & red onion pasty	oven baked chips, peas, beans or salad bar selection	Chocolate & banana flapjack	Fruit or Yogurt

 All our pizza and pasta sauces are homemade and have hidden veg

 Where possible we use ingredients sourced from local producers